

# The Bear Cub Facts



INSPIRING LIFE-LONG LEARNING  
**THE SCHOOLS OF  
BETHANY  
LUTHERAN**  
CULTIVATING CHRISTIAN CHARACTER

At Bethany He blessed them—  
Luke 24:50

**MERRY CHRISTMAS &  
HAPPY NEW YEARS!**

## Preschool Christmas Program DVD

Enjoy "*Bright Star, Bright Star, What Do You See*" (the preschool Christmas program) starring your child all year long. Copies of the video from the preschool concert are available for purchase for \$10. These also make great gifts for grandparents and relatives who were not able to make the event.

Please complete the form, attach your check made out to Felix Rivera, and return to the preschool office.

## Upcoming Events & Dates to remember

- ⇒ Dec 18 Grades K-2 "Follow the Star" musical @ 9 am & 7 pm
- ⇒ Dec 20 All school caroling in the gym @ 10 am
- ⇒ Dec 23-Jan 3 Pre-school CLOSED for Winter Break
- ⇒ January 6 Preschool resumes
- ⇒ January 20 Preschool CLOSED for MLK Day

## SCRIP

Shop for the holidays with Scrip/gift cards! Whether you need gas for the trip to grandma's house, food items for the holiday dinner or last minute Christmas gifts, shop with Scrip and earn tuition rebates with all of your purchases. You can purchase Scrip in the school office or by contacting Carol Grudt (Scrip coordinator)

**Reminder:** Have you checked the expiration date on your Amazon Prime membership? Be prepared with an *Amazon Prime Renewal Certificate* from Bethany Scrip when it is time to review.

## Lost & Found

Reminder: Make sure all items that your child brings to school are labeled clearly with their first and last names. Please check with the teachers if anything is missing or the lost and found crate on the sign-in rolling cart.

# Parent Academy



## Conscious Discipline®

### How can I say “No,” and be heard?

In its simplest terms, saying “no” and being heard is called “assertiveness.” It is a key skill that both adults and children must cultivate in order to develop healthy relationships. Assertive commands focus on what you want to have happen, give clear information about what to do, and are given in a tone of voice that says “just do it.”

**Focus on What To Do:** When you are upset, you are always focused on what you don’t want. Use active calming techniques to regain your composure as necessary, and then shift your focus away from what’s wrong. Instead, focus on what you want to have happen. Have you ever heard an Olympic athlete visualize “not losing?” No! They focus on diving their cleanest dive or running their fastest race in order to achieve their goal. You must do the same with your goal is to paint a picture with your words and gestures of exactly what you want the child to do. “Don’t you dare touch anything in this store” focuses on what you don’t want (don’t touch). Pivot and reframe it in the positive, “Keep your hands in your pockets.” All assertive commands give usable information. “Don’t \_\_\_\_” is not usable information because it doesn’t tell what to do. “Don’t hit your brother” becomes: “When you want your brother to move say, “move please.”

**Give the Command Assertively:** There are three tones of voice we use when we communicate: passive, aggressive and assertive. A passive approach says, “Approve of me, love me, is it okay with you if \_\_\_\_.” A passive approach does not engender respect or compliance, so a passive person often resorts to manipulation or ‘going through the back door’ to get their needs met. Passive communication is not effective communication. An aggressive approach says, “I am right and you are wrong, no matter what.” It often includes threats, blame, severe consequences or “you” statements that are focused solely on the other person. An aggressive approach invites a defensive response and engenders fear. Aggressive communication is not effective communication. An assertive approach says, “Do this,” in a clear and respectful manner with a voice of no doubt. With children, follow these steps to deliver an assertive command:

1. Establish eye contact by approaching the child, getting down on his/her level and moving closer until he/she notices you. For easily distracted children, you may need to get as close as six inches.
2. Verbally tell the child what you want him/her to do. State your expectations clearly and simply. Be certain that the statement is formulated in the positive... focus on what you want them to do and paint a clear picture with your words. “Hold my hand so you are safe when we cross the street.” “Give me the scissors. They are sharp and could cut you.” “Use a quiet voice while we are in the museum.” “Pick up the markers and put them in the shoe box.”
3. Give visual, auditory and tactile cues as often as possible. Demonstrate a gentle touch, gesture in the direction you wish the child to move, practice what a soft voice sounds like, etc.
4. Send the nonverbal message “just do it” with the tone of your voice and with your nonverbal stance as you give the command. If your nonverbal cues are passive, your child may easily refuse. If your nonverbal cues are aggressive, your child will resist in self-defense. When nonverbal and verbal communication both say, “Just do it,” you let the child know your command has meaning.
5. Celebrate your child’s success. The minute the child begins to show any degree of compliance, jump in with praise. Even if s/he wasn’t really going to comply, s/he likely will comply once you begin to praise him/her. “Good for you,” “You did it,” and “way to go” followed by a description of the child’s action are great ways to celebrate them without judging. “Way to go! You’re reaching for my hand so we can cross the street safely!”

If your child chooses not to comply, repeat the request and say, “I’m going to show you what to do.” Lead the child gently and instructively in completing the request. Say, “I’m going to show you how to cross the street safely”

## Church Newsletters

For the church newsletter and updates please visit the link below <http://www.bethanylutheran.org/contact-us/chimes-newsletters/>